

(Block 1, Phase 2: P5/S6/A10, P2/S3/A6, P3/S4/A8, P1/S2/A5)



**Phase 2 Goal:** Time to put some weight on the bar! Aim to have a little more on the bar within the same “RPE” this month...

**Mobility Focus** Hips

**Workout Dates**

1)A	2)B	3)C	4)D	5)A	6)B	7)C	8)D
9)A	10)B	11)C	12)D	13)A	14)B	15)C	16)D

**Recommended layout for the week:**

- Monday – A
- Tuesday – Neural Charge or Recovery Cardio (C.O.)
- Wednesday – B
- Thursday – Neural Charge or Recovery Cardio (C.O.)
- Friday – C
- Saturday or Sunday – D

*This is merely a recommendation, and ultimately you will need to do what makes sense for your schedule...*

**Workout A (P = Straight Sets/S = Isometric Emphasis, Straight Sets/A = None/C = Fixed-Fixed)**

Exercise Name	(1)	RPE	(5)	RPE	(9)	RPE	(13)	RPE
<b>A1. Lower Power</b> (pick one for month) <ul style="list-style-type: none"> <li>▪ <a href="#">Double Kettlebell Clean</a></li> <li>▪ <a href="#">Hang Power Clean</a></li> <li>▪ <a href="#">Seated Dumbbell Jump</a></li> </ul>	3 x 2	7						
<b>A2. Plank Walkback</b>	3 x 6	-						
<b>A3. Single Leg Lowering w/ Core Engagement</b> <ul style="list-style-type: none"> <li>- you may stick to <a href="#">Single Leg Lowering w/ Band</a></li> </ul>	3 x 8/	-						
<b>B1. Squat</b> (pick one for month) <ul style="list-style-type: none"> <li>▪ <a href="#">Goblet</a></li> <li>▪ <a href="#">Double Kettlebell Front Squat</a></li> <li>▪ <a href="#">Front Squat</a></li> <li>▪ <a href="#">Back Squat</a></li> </ul>	5 x 3 (12X2)	7-8						
<b>B2. Vertical Pull</b> (pick one for month) <ul style="list-style-type: none"> <li>▪ <a href="#">Pull-up</a></li> <li>▪ <a href="#">Chin-up</a></li> <li>▪ <a href="#">Neutral Grip</a></li> </ul>	5 x 3	7-8						
<b>B3. Hip CARs</b> <ul style="list-style-type: none"> <li>▪ <a href="#">Quadruped</a> or <a href="#">Standing</a></li> </ul>	5 x 3/	-						
<b>C1. Fixed-Fixed Conditioning</b> (pick one, but may switch throughout month) <ul style="list-style-type: none"> <li>▪ <a href="#">Kettlebell Swing</a></li> <li>▪ Run (no video...)</li> <li>▪ <a href="#">Rower</a></li> <li>▪ <a href="#">Assault Bike</a></li> </ul>	10 x :30/:30	7 - - -						

**Workout B (P = Straight Sets/S = Isometric Emphasis, Straight Sets/A = None/C = Fixed-Fixed)**

Exercise Name	(2)	RPE	(6)	RPE	(10)	RPE	(14)	RPE
<b>A1. Upper Power</b> (pick one for month) <ul style="list-style-type: none"> <li><a href="#">Lateral Overhead Medicine Ball Slam</a></li> <li><a href="#">Lateral MB Throw</a></li> <li><a href="#">Plyo Push-up to Plates</a></li> </ul>	3 x 2 (per side on lateral work)	6						
<b>A2. <a href="#">½ Turkish Get Up</a></b>	3 x 3/	6						
<b>A3. <a href="#">Single Leg Lowering w/ Core Engagement</a></b> <ul style="list-style-type: none"> <li>- you may stick to <a href="#">Single Leg Lowering w/ Band</a></li> </ul>	3 x 8/	-						
<b>B1. Press</b> (pick one for month) <ul style="list-style-type: none"> <li><a href="#">Dumbbell</a> or <a href="#">Kettlebell</a> Overhead Press</li> <li><a href="#">Dumbbell Chest Press</a></li> <li><a href="#">Overhead Press</a></li> <li><a href="#">Bench Press</a></li> </ul>	5 x 3 (12X2)	7-8						
<b>B2. Deadlift</b> (pick one for month) <ul style="list-style-type: none"> <li><a href="#">Hex Bar</a></li> <li><a href="#">Conventional</a></li> <li><a href="#">Sumo</a></li> </ul>	5 x 3	7-8						
<b>B3. Hip CARs</b> <ul style="list-style-type: none"> <li><a href="#">Quadruped</a> or <a href="#">Standing</a></li> </ul>	5 x 3/	-						
<b>C1. Fixed-Fixed Conditioning</b> (pick one, but may switch throughout month) <ul style="list-style-type: none"> <li><a href="#">Kettlebell Swing</a></li> <li>Run (no video...)</li> <li><a href="#">Rower</a></li> <li><a href="#">Assault Bike</a></li> </ul>	10 x :30/:30	7 - - -						

**Workout C (P = None/S = None/A = Straight Sets/C = None)**

Exercise Name	(3)	RPE	(7)	RPE	(11)	RPE	(15)	RPE
<b>A1. Single Leg RDL</b> (pick one for month) <ul style="list-style-type: none"> <li><a href="#">w/ Landmine</a></li> <li><a href="#">w/ Dumbbells</a></li> <li><a href="#">w/ Kettlebells (from floor)</a></li> </ul>	3 x 6/ (2121)	7						
<b>A2. Press</b> (pick one for month) <ul style="list-style-type: none"> <li><a href="#">Neutral Grip Dumbbell Chest Press</a></li> <li><a href="#">½ Kneeling Overhead Press w/ Kettlebells</a> or <a href="#">Dumbbells</a> <ul style="list-style-type: none"> <li>○ If you overhead pressed on workout B, go horizontal here, or vice-versa</li> </ul> </li> </ul>	3 x 6 (2121)	7						
<b>A3. <a href="#">Single Leg Lowering w/ Core Engagement</a></b>	3 x 8/	-						
<b>B1. Rear Foot Elevated Split Squat</b> (pick one for month) <ul style="list-style-type: none"> <li>- <a href="#">Bodyweight</a></li> <li>- <a href="#">w/ Dumbbells</a></li> <li>- <a href="#">w/ Barbell</a></li> </ul>	3 x 6/ (2121)	7						
<b>B2. <a href="#">Alternating Head Supported Dumbbell Row</a></b>	3 x 6/ (2121)	7						
<b>B3. Hip CARs</b> <ul style="list-style-type: none"> <li>- <a href="#">Quadruped</a> or <a href="#">Standing</a></li> </ul>	3 x 5/	-						
<b>C1. <a href="#">Barbell Biceps Curl</a></b>	2-3 x 6	7						
<b>C2. <a href="#">French Press w/ Dumbbells</a></b>	2-3 x 6	7						

**Workout D (P = None/S = None/A = None/C = Timed)**

Exercise Name	(4)	RPE	(8)	RPE	(12)	RPE	(16)	RPE
A1. <a href="#">Conditioning (Heart Rate 150-170)</a> - Implement of your choice - Heart Rate 120-130 during 3:00 break	2 x 10:00/3:00	-						

**Neural Charge (15:00-25:00)**

Exercise Name	All Sessions
A1. <a href="#">Clean Grip Countermovement Jump</a>	3
A2. <a href="#">Feet Elevated Isometric Inverted Row</a>	2 x :05
A3. <a href="#">Pop Up w/ Countermovement</a>	3
A4. <a href="#">Strong First Plank</a>	2 x :05
A5. <a href="#">Skater Jump</a>	3/

**Recovery Cardio (45:00-60:00)**

Exercise Name
A1. <a href="#">Recovery Cardio (Heart Rate 120-150)</a> ■ Pick one thing (treadmill, elliptical, bike, etc...) and get after it